



SPU Add-on Health Fitness 24-25 Endorsement Course Tracker

Use this course tracker to plan registrations for your self-paced program. All students have FIVE YEARS from admittance date to complete full program. Students are responsible for their own course registration and required to complete all coursework listed here. Email endorse@spu.edu with questions.

Course	Cost	Format	Notes:
PES 5031: Anatomy and Physiology for Health Fitness Educators (1)	\$200.00	Self-paced, open all year	
PES 5051: Foundations and Methods of Teaching Health Fitness (3)	\$600.00	Self-Paced, open all year	
PES 5067: Teaching Health and Wellness (3)	\$600.00	Self-paced, open all year	
PES 5075: Alternative Sports and Games for Regular and Special Populations (3)	\$600.00	4-day intensive online Summer 2025 Jul 28, 2025 to Jul 31, 2025	
PES 5070: Strategies for Teaching Strength Training (3) <i>PES 5031 is pre-req for this course</i>	\$600.00	4-day intensive online Summer 2025 Jul 14, 2025 to Jul 17, 2025	
PES 5065: Scientific Application (3) <i>PES 5031 is pre-req for this course</i>	\$600.00	4-day intensive online Summer 2025 Jul 21, 2025 to Jul 24, 2025	
WEST-E Testing 029 Health Fitness		<ul style="list-style-type: none"> • Sign up here. • Reference study guide available through SPU's library (physical media) 	
EDCN 5730 Field Experience (5) <i>Winter app due 10/31/25, Spring app due 1/31/25, Fall due 7/31/25</i>	\$1485.00	10-week quarters, Fall, Winter & Spring Requires self-placement in a PE classroom	<i>Course application and WEST-E test due two months prior to course start date.</i>

All courses are posted here when open for registration: <https://ce.spu.edu/healthfitness-endorsement>

Registration Verification: Verify enrollment by logging into ce.spu.edu (top right corner) and view enrollment from left-side menu.

Scholarship Option: All students should consider the WASC Retooling Scholarship: <https://wsac.wa.gov/teachers>

Program update in 24-25: If PES 5051 was taken in 21-22, 22-23, 23-24, then PES 5031 is **not** required, and PES 5051 will be used as the prerequisite for PES 5065 and PES 5070.

Past Transcript Review: If you believe you have taken relevant past coursework email endorse@spu.edu to discuss a transcript review.

Enrollment-Dependent Course Offerings: If more than one course section is planned with a calendar year, SPU reserves the right to cancel one of the two course sections if enrollment does not meet requirements.